

Age-Based Training Guidelines

Growth Stages	Muscular Fitness		Energy Fitness	
	Methods	Time	Methods	Time
Children 6-10	Use body weight as resistance in general conditioning exercises (chin-ups, push-ups, etc.). Maintain flexibility.	15 min 3x/week	Team games with few playing restrictions. Emphasize involvement, play and free expression. Avoid formal fitness-training methods.	Under 4 hr/week*
Adolescent (early) 11-14	Use moderate resistance and more repetitions (over 10) on weight-training machines to develop endurance. Maintain flexibility.	30 min 3x/week	Continue to develop fitness through the use of team games. Improved aerobic ability is the main training goal. Introduce activities involving long, easy-paced intervals.	4-5 hr/week
Adolescent (late) 15-19	Introduce high-resistance training (under 10 repetitions) and use of free weights to improve strength and develop power. Maintain flexibility.	45 min 3x/week	Increase training intensity. Mix long and short intervals. Train regularly at the anaerobic threshold.	6-8 hr/week
Adult	Advanced muscular fitness training demands depend on specifics of sport specialization.	1 hr 6x/week	Prepare for peak competitive performances by developing a seasonal plan for energy fitness that integrates sport-specific requirements into the annual competitive cycle.	Over 8 hr/week

*Usually 1-2 hr unless children are in organized programs (e.g. swimming) involving slow/easy distance training.

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